



SARATOGA COUNTY OFFICE FOR THE AGING-July 2014
HOME DELIVERED MEALS 363-4020

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Ranch Salad Black Bean and Corn Salad Ranch Dressing/Croutons Dinner Roll Fresh Nectarine	2 Roast Beef w/Gravy Buttered Noodles Peas and Carrots Wheat Bread Apricots	3 - July 4th Special Jumbo Hot Dog on a Roll w/Mustard Oven Brownd Potato Wedges Baked Beans Strawberry Shortcake w/Topping	4 - CLOSED 
7 Cheese Omelet Confetti Rice Spinach/Kale Mix Corn Muffin Fruit Cocktail	8 Ham and Cheese Sandwich on Rye Mustard Macaroni Salad Marinated Vegetable Salad Pineapple	9 Sausage w/Peppers and Onions on a Roll Zucchini and Tomatoes Warm Berry Crisp	10 Baked Ziti w/Meat Sauce Broccoli Garlic Bread Peaches	11 Sweet and Sour Chicken Rice Mixed Vegetables Wheat Bread Applesauce
14 Chicken BBQ Parsley Red Potatoes Prince Edward Vegetables Italian Bread Apricots	15 Meatball Sub Italian Green Beans Cauliflower Tropical Fruit	16 Chef Salad w/Ham Turkey, Cheese, Lettuce, Tomato 1000 Island Dressing/Croutons Dinner Roll Fresh Melon Chunks	17 Pepper Steak Brown Rice Beets Wheat Bread Mandarin Oranges	18 Mrs. Friday's Fish Cheesy potatoes Broccoli Rye Bread Yogurt
21 Ham Steak w/Honey Mustard Sauce Au Gratin Potatoes Brussels Sprouts Rye Bread Pineapple	22 Oven Fried Chicken Mashed Potatoes Succotash Wheat Bread Mandarin Oranges	23 BBQ Pork on a Wheat Roll Sweet Potato Fries Red Cabbage Applesauce	24 Spaghetti w/Meatballs Tossed Salad w/Italian Dressing Garlic Bread Tropical Fruit Parmesan Cheese	25 Seafood Salad on Wheat Bread Four Bean Salad Cottage Cheese Fresh Peach
28 Fish Florentine Brown Rice California Blend Vegetables Dinner Roll Fruit Cocktail	29 Open Face Hamburger w/ Mushroom Gravy Oven Brownd Potato Wedges Beets Apricots	30 Birthday Special Stuffed Peppers Carrot Coins Mexican Corn Italian Bread Birthday Cake	31 Turkey Sandwich on Wheat Mayonnaise Macaroni Salad Marinated Green Bean Salad Mandarin Oranges	Remember To Keep Hydrated  This Summer!!

Menu Subject To Change

Coffee, Tea and Margarine are served daily at sites. The suggested contribution is \$2 per meal. There is a \$6 fee for guests under the age of 60. Please make checks payable to: **Prestige Services, c/o Saratoga County Office for the Aging, 152 West High Street, Ballston Spa, NY 12020**